

# Red Seas, White Sands, Blue Skies: An American Citizens Services Newsletter

## A Message from the Acting Consul General

Neither Dust nor Rain nor Floods kept our resident American citizens from attending the Town Hall meeting last month. Thanks to all who braved the elements to give us the chance to meet you in person! If there is community interest, we will plan another Town Hall event later in the year.

For those residents who have volunteered to serve as wardens and to those who may represent a group of American citizens at the workplace or residential compounds, we are planning to hold a warden meeting on June 4, from 3 – 4pm, at the Embassy Compound. Please send an e-mail to [RiyadhACS@state.gov](mailto:RiyadhACS@state.gov) by June 2<sup>nd</sup> if you are planning to attend.

School holidays are just around the corner and many of you may be planning to travel outside Saudi Arabia. If you haven't already done so, remember to register your trip via the Smart Traveler Enrollment Program (STEP) <https://step.state.gov/step/>. Also remember to check for country specific information at <http://travel.state.gov> for conditions in the countries you'll be visiting. Now is also a good time to review your travel documents to make sure your passport and your family members' passports have at least six months' validity and that there are sufficient passport pages in the passport books. If you need passport or other services, please schedule an appointment with ACS soon to avoid delays in your travel.

Best wishes,  
Cecelia K. El Khatib

## Do you think you are a Victim of Identity Theft?

The Federal Trade Commission's (FTC) website, [www.ftc.gov](http://www.ftc.gov), and the FBI's website, [www.justice.gov/criminal/fraud/websites/idtheft.html](http://www.justice.gov/criminal/fraud/websites/idtheft.html), are good sources for information on identity theft and provide lists of government and private agencies to contact to report complaints. Both sites also provide good information for consumers to minimize their risk of becoming a victim of identity theft. The FTC enters the information into a secure consumer fraud database.

The FBI website recommends victims contact their local law enforcement and request a report be provided to the FBI's identity theft database. This database contains descriptive records and other information that law enforcement personnel can use to determine if an individual is a victim of identity theft, or if the individual might be using a false identity.

If you would like to report the fraudulent use of your identity, call the FTC Identity Theft Hotline: 1-877-IDTHEFT (1-877-438-4338) or visit [www.consumer.gov](http://www.consumer.gov). For more information, also see the [FBI's website](#)



If you reside overseas, or are in the military on duty outside the U.S., you are allowed an automatic 2-month extension to file your return until June 15, 2012. If you are unable to file your return by the due date, you can request an additional extension to October 17 by filing Form 4868 before the return due date (to determine if further extensions are available go to [www.irs.gov](http://www.irs.gov)). However, any payments made after June 15 would be subject to both interest charges and failure to pay penalties.

### Upcoming Holiday Closures

The U.S. Embassy and U.S. Consulates General will be closed during the following days:

**Saturday, May 26**—U.S. Memorial Day  
**Wednesday, July 4**—U.S. Independence Day



Identify Theft	1
Heat Safety	2-3
Voting	4-5
Social Security	6
Kids Corner	6

## How to Reach Us

The US Embassy is located in the Diplomatic Quarter, in Riyadh, Saudi Arabia.

**Public hours:** Saturdays, Sundays, Tuesdays, Wednesdays, 1:00pm-3:30pm

**Schedule an Appointment:**  
[https://evisaforms.state.gov/acs/default.asp?](https://evisaforms.state.gov/acs/default.asp?postcode=RID&appcode=1)

[postcode=RID&appcode=1](https://evisaforms.state.gov/acs/default.asp?postcode=RID&appcode=1)  
**Phone:** (966)(1)488-3800

**US Consulate Jeddah**

**Public hours:** Saturday/Monday/Tuesday/Wednesday, 1:00–3:00pm

**Schedule an Appointment:**  
[https://evisaforms.state.gov/acs/default.asp?](https://evisaforms.state.gov/acs/default.asp?postcode=JDD&appcode=1)

[postcode=JDD&appcode=1](https://evisaforms.state.gov/acs/default.asp?postcode=JDD&appcode=1)  
**Phone:** (966)(2)667-0080

**US Consulate Dhahran**

**Public hours:** Saturday through Wednesday, 1:00-3:30 pm

**Schedule an Appointment:** [https://evisaforms.state.gov/acs/default.asp?](https://evisaforms.state.gov/acs/default.asp?postcode=dhr&appcode=1)

[postcode=dhr&appcode=1](https://evisaforms.state.gov/acs/default.asp?postcode=dhr&appcode=1)  
**Phone:** (966)(3)330-3200



### Take Protective Measures (Before Extreme heat)

To prepare for extreme heat, you should:

Install window air conditioners snugly; insulate if necessary.  
Check air-conditioning ducts for proper insulation.

Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.

Weather-strip doors and sills to keep cool air in.

Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)

### During a heat Emergency

The following are guidelines for what you should do if the weather is extremely HOT.

Stay indoors as much as possible and limit exposure to sun.  
Stay on the lowest floor out of the sunshine if air conditioning is not available.

Consider spending the warmest part of the day in public buildings such as libraries, schools, shopping malls or other public facilities.

Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.

Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease, or are on fluid-restricted diets; or have problems with fluid retention should consult a doctor before increasing liquid intake.

Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.

Protect face and head by wearing a wide-brimmed hat.

**Never leave children or pets alone in closed vehicles.**

Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

### Familiarize yourself with these terms to help identify an extreme heat Hazard:

**Heat Wave:** Prolonged period of excessive heat often combined with excessive humidity.

**Heat Index:** A number in degrees Fahrenheit (F) that tells how hot it feels when relative Humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

**Heat Cramps:** Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

**Heat Exhaustion:** Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

**Heat Stroke:** A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.



*NOTE: Always confer with your doctor for proper diagnosis and*

**The following table lists these illnesses, their symptoms, and the first aid treatment.**

Condition	Symptoms	First Aid
<b>Sunburn</b>	Skin redness and pain, possible swelling, blisters, fever, headaches	Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. Apply dry, sterile dressings to any blisters, and get medical attention.
<b>Heat Cramps</b>	Heat Cramps Painful spasms, usually in leg and abdominal Muscles; heavy sweating.	Get the victim to a cooler location. Lightly stretch and gently massage affected muscles to relieve spasms. Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.) Discontinue liquids, if victim is nauseated.
<b>Heat Exhaustion</b>	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, But temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	Get victim to lie down in a cool place. Loosen or remove clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water if victim is conscious. Be sure water is consumed slowly. Give half glass of cool water every 15 minutes. Discontinue water if victim is nauseated. Seek immediate medical attention if vomiting occurs.
<b>Heat Stroke (a severe medical emergency)</b>	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid, shallow breathing. Victim will probably not sweat unless victim was sweating from recent strenuous activity. Possible unconsciousness.	Call 999 for emergency medical services, or get the victim to a hospital immediately. <b>Delay can be fatal.</b> Move victim to a cooler environment. Remove clothing. Try a cool bath, sponging, or wet sheet to reduce body temperature. Watch for breathing problems. Use extreme caution. Use fans and air conditioners

**Are you or is someone you know a newcomer to Saudi Arabia?**

Help newcomers to the Kingdom by reminding them to register with the Embassy or nearest Consulate using **STEP** online at: <https://step.state.gov/step/>

This free service offers registered U.S. citizens updates on important regional issues, travel warnings and alerts, and provides a point of contact for citizens and their families in case of emergency.

## Voting Assistance: Never Resided in the U.S.?

In some states U.S. citizens, 18 years or older, who were born abroad but have never resided in the United States are eligible to vote absentee. The following states allow these citizens to vote absentee: ( <http://www.fvap.gov/reference/nvr->

**Arizona:** A U.S. citizen who has never resided in the U.S. and whose parent is qualified to vote in Arizona is eligible to register to vote and may vote in Arizona.

**Colorado:** A U.S. Citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the county where a parent would be eligible to register and vote (for Federal offices only).

**Connecticut:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the town or city in Connecticut where a parent or legal guardian would be eligible to register and vote.

**Delaware:** A U.S. Citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the county where a parent would be eligible to register and vote (for Federal offices only).

**District of Columbia:** A U.S. citizen born abroad who is eligible to vote and has never lived in the U.S. and is not registered to vote anywhere else in the U.S. is eligible to vote at the same voting residence in the District where a parent or guardian would be eligible to register and vote.

**Georgia:** If a U.S. citizen outside of the U.S. has never lived in the U.S. and either parent is a qualified Georgia voter then, he or she is eligible to register and vote where his or her parent is a qualified voter.

**Hawaii:** U.S. citizens who have never resided in the U.S. but have a parent who is eligible to vote in Hawaii are eligible to vote at the same voting residence claimed by their parent (for local, state and Federal office ballots).

**Illinois:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the county where a parent would be eligible to register and vote. Use the most recent residential address in Illinois of a family member.

**Iowa:** If a U.S. citizen outside the U.S. has never lived in the U.S. and either parent is a qualified Iowa voter then, that person is eligible to register and vote where his or her parent is a qualified voter.

**Massachusetts:** U.S. citizens who have never resided in the U.S. but have a parent who is eligible to vote in Massachusetts are eligible to vote at the same voting residence claimed by their parent (for local, state and Federal office ballots).

**Oklahoma:** If a U.S. citizen outside the U.S. has never lived in the U.S. and either parent is a qualified Oklahoma voter then, he or she is eligible to register and vote where his or her parent is a qualified voter.

**Rhode Island:** If the person is a U.S. citizen and has never lived in the U.S. but has a parent who is a qualified Rhode Island elector then, this person will be eligible to register and vote in Federal elections.

**Tennessee:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register temporarily and

**Michigan:** Michigan allows a U.S. overseas citizen who is 18 years old, not registered to vote anywhere else in the U.S. and who is a spouse or dependent of a Michigan resident to register and vote in Michigan elections even though they have never established Michigan residency.

**Nebraska:** U.S. citizens 18 years or older who have never who have never resided in the U.S. but have a parent who is eligible to vote in Nebraska, and have not registered to vote in any other state of the U.S., are eligible to register to vote in one county in which either of their parents claimed residence (for local, state and Federal office ballots). The citizen must include with the registration a signed form provided by the Nebraska Election Commissioner or County Clerk.

**New Hampshire:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the town or city in New Hampshire where a parent or legal guardian would be eligible to register and vote.

**New York:** A U.S. Citizen who was born abroad and who is eligible to vote and who has never lived in the US may register and vote in the county where a parent would be eligible to register and vote (for Federal offices only).

**North Carolina:** A U.S. Citizen who was born abroad and has never lived in the U.S. may register and vote in the North Carolina county where a parent would be eligible to register and vote (for Federal offices only).



**North Dakota:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may vote in the county where a parent would be eligible to vote (for Federal offices only).

**Ohio:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the town or city in Ohio where a parent or legal guardian would be eligible to register and vote. in the county where a parent would be eligible to temporarily register and vote pursuant to this action.

**Washington:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the county where a parent would be eligible to register and vote. Use the most recent residential address in Washington of a family member.

**West Virginia:** A U.S. citizen who was born abroad and who is eligible to vote and who has never lived in the U.S. may register and vote in the county where either parent would be eligible to register and vote.

### Historical Facts On The Power Of Just One Vote

1645

One vote gave Oliver Cromwell control of England.

1776

One vote gave America the English language instead of German.

1868

One vote saved President Andrew Jackson from impeachment.

1875

One vote changed France from a monarchy to a republic.

1876

One vote gave Rutherford B. Hayes the Presidency of the United States of America.

1941

One vote saved the Selective Service - just weeks before Pearl Harbor was attacked.

1990

One vote decided a state House race in Oakland County, Michigan.

## 2012 PRIMARY ELECTIONS BY MONTH

Legend:

P— Presidential Preference Primary

S—State Primary

R—RunOff Primary

NOTE: or May Primaries: if you have not received your requested State ballot, submit the back-up Federal Write-In Absentee Ballot at FVAP.gov (see FWAB information below).



### May

- Indiana (P,S): May 8
- North Carolina (P,S): May 8
- West Virginia (P,S): May 8
- Idaho (S): May 15
- Nebraska (P,S): May 15
- Oregon (P,S): May 15
- Arkansas (P,S): May 22
- Kentucky (P,S): May 22
- Texas (P,S): May 29 (This is a change; the election was originally scheduled for March 6, then April 3)

### June

- California (P, S): June 5
- Iowa (S): June 5
- Montana (P, S): June 5
- New Jersey (P, S): June 5
- New Mexico (P, S): June 5
- South Dakota (P, S): June 5
- Arkansas (R) June 12
- Maine (S): June 12
- Nevada (S): June 12
- North Dakota (S): June 12
- South Carolina (S): June 12
- Virginia (S): June 12

- Colorado (S): June 26
- New York (Federal Primary): June 26
- Oklahoma (S): June 26
- South Carolina (R): June 26
- South Dakota (R): June 26
- Utah (P, S): June 26

### July

- North Carolina (R): July 17
- Georgia: July 31 (S)

## SOCIAL SECURITY STATEMENTS NOW AVAILABLE ON LINE

An online version of the Social Security Statement is now available at [www.socialsecurity.gov](http://www.socialsecurity.gov). The new online *Statement* provides eligible workers with secure and convenient access to their Social Security earnings and benefit information and provides estimates for disability and survivors benefits, making the *Statement* an important financial planning tool.

In addition to helping with financial planning, the online *Statement* also provides workers a convenient way to determine whether their earnings are accurately posted to their Social Security records. This feature is important because Social Security benefits are based on average earnings over a person's lifetime. If the earnings information is not accurate, the person may not receive all the benefits to which he or she is entitled.

To get a personalized online *Statement*, people age 18 and older must be able to provide information about themselves that matches information already on file with Social Security. In addition, Social Security uses Experian, an external authentication service provider, for additional verification. People must provide their identifying information and answer security questions in order to pass this verification. Social Security will not share a person's Social Security number with Experian, but the identity check is an important part of this new, robust verification process.

Once verified, people will create a "My Social Security" account with a unique user name and password to access their online *Statement*. In addition, the portal also includes links to information about other online services, such as applications for retirement, disability and Medicare.

It is important to note, however, Social Security anticipates some members of the public will not be able to be verified through this process. Some people may not correctly answer the security questions based on information on file with Experian, and others may supply identifying information that does not match their Social Security records. In instances where this occurs, people will have the option to request a paper Social Security Statement be mailed to them. People who cannot verify online initially also may visit their local Social Security office and present an identity document in order to create an account and gain access to the online version of the *Statement*.

In February 2012, Social Security resumed mailing paper *Statements* to workers age 60 and older if they are not already receiving Social Security benefits. Later this year, the agency plans to mail paper *Statements* to workers in the year they reach age 25.

For more information about the new online *Statement*, please go to [www.socialsecurity.gov/mystatement](http://www.socialsecurity.gov/mystatement).



### Ten Interesting Facts about Children

1. The average age children begin to use a microwave is seven.
2. A 3-year old Boy's voice is louder than 200 adults in a crowded restaurant.
3. Fathers tend to determine the height of their child, mothers their weight.
4. On average, a 4-year-old child asks 437 questions a day.
5. Watching television can act as a natural painkiller for children.
6. In ancient Greece, children of wealthy families were dipped in olive oil at birth to keep them hairless throughout their lives.
7. The great pharaoh Ramses II who fathered over 160 children.
8. Children's kneecaps only start to turn bony at 3 years of age, until that they are made of cartilage.
9. Both boys and girls in 1600s England and New England wore dresses until they were about seven years old.
10. Children under the age of six are at the greatest risk for crushing or burning injuries of the hand.

### Sudoku Puzzle

						9	2	6
2	6		9	1		5		
	5	4		3				
6			8		5		9	7
8								1
5	4		1		9			2
				2		1	6	
		2		9	6		3	5
3	8	6						